

### *Ideas for Walk Our Children to School Day*

1. Get local sponsors to provide a healthy breakfast.
2. Have classes compete and give prizes for the highest participation of students and adults.
3. Hold a "Best Ways to Get Your Parents to Walk to School with You" contest.
4. Have students draw a memory map of their walk to school.
5. Invite local law enforcement and media to monitor school zones and discourage speeders.
6. Have students keep a diary of their walking trips for a day. What would make the walk safer and what changes would make them more likely to walk again soon?
7. Have students interview people who walk a lot: the postal delivery person, police officers on foot patrol, a census taker, or a neighbor who walks for exercise.
8. Create a special pair of "Walk Day" shoes with new laces, paint or polish.
9. Get permission and assistance from local police and direct people who are driving to an alternate route so walkers can congregate safely at the front door of your school.
10. Create banners and posters that can be carried on the day of the walk.
11. Have a wagon on hand to help students carry heavy belongings.
12. Distributes traffic safety materials to parents, teachers, and students.
13. Write walking poems, songs, stories, or plays.

**For more information or to get involved, contact:**

**Latissa Hall at 259-3282, ex. 8033  
Metro Nashville Public Schools  
Community Health and Wellness Team member**

# Walk To School Day

**Wednesday  
October 8, 2008**



Leadership provided by:  
The Community Health & Wellness Team

All across the United States,

Wednesday, October 8, 2008  
Is Walk To School Day.

Our goal is simple, to have as many students and their parents, teachers, and community leaders as possible walk to school.

### THE BENEFITS ARE TREMENDOUS!

#### Our community will:

- ◇ Find safest routes to school and teach pedestrian safety to children.
- ◇ Become more familiar with walking - the world's most accessible, enjoyable and effective exercise.
- ◇ Learn how "walkable" the neighborhood is and where improvements can be made. Where do sidewalks need repair? Where could crosswalks, street lighting, or crossing guards improve walkability?
- ◇ Share a learning experience with family, friends, neighbors, school staff, and community leaders.
- ◇ Reduce vehicle congestion at school sites, which will improve air quality, reduce injuries, and save lives.
- ◇ Attract attention of media and community leaders who can bring about improvements.
- ◇ Increase commitment of adults to enable children to experience the fun and adventure we had when we went to school.
- ◇ Another goal is to collect information from the "Walk Surveys" that walkers complete along their way to school. This information will be compiled and distributed city wide to help generate interest and funding for local projects.

LOCAL SUPPORT IS NEEDED!  
PLEASE VOLUNTEER!

Follow These Steps For A Successful Event!
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#### Right Now:

- ◇ Contact the Community Health & Wellness Team for planning aids. Contact Latissa Hall at 259-3282 ex. 8033 or email her at [Latissa.Hall@mnps.org](mailto:Latissa.Hall@mnps.org)
- ◇ Select a primary contact person for each school, preferably someone easy to reach by phone.
- ◇ Complete and return the registration form.
- ◇ Get the word out to attract volunteers to help organize the event.

#### Four Weeks Before:

- ◇ Hold a meeting to organize volunteers; involve as many people as possible to build excitement and spread it to others.
- ◇ Distribute flyers to the students and put a notice in the school newsletter.
- ◇ Contact local businesses and service clubs to underwrite healthy breakfast foods, cameras, handouts and posters for walkers, prizes, or other activities.
- ◇ Recruit volunteer crossing guards (coordinate between the school and police).
- ◇ Recruit teachers who are willing to have "Walk Day" related activities in their class.

#### Three Weeks Before:

- ◇ Assist teachers and their students who are conducting classroom activities related to the event.
- ◇ Put up posters at the school and throughout the community.

#### The Week Before:

- ◇ Be sure daily announcements are made at school.
- ◇ Send a reminder flyer home to the parents.

#### On Walk Day:

- ◇ **Be a role model...walk and have fun.**
- ◇ Organize assembly
- ◇ Collect Walk Surveys and "I Walked" forms.